

FOR IMMEDIATE RELEASE

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Healthy Holidays Focus on Halloween

The holidays are fast approaching, and many families enjoy preparing and eating many special foods. While family traditions are fun, we enjoy the anticipation of these events and making healthy choices may not be the first thing on our minds. During holidays such as Halloween, take a few moments to plan your choices for treats and going trick or treating. There are a few things we can do to allow us to make healthy choices during this sweet holiday and those to follow.

- ✓ Select non-sugary food treats during Halloween. Some examples are pretzels, popcorn, cheese sticks, dried or fresh fruits, nuts, trail mix or pudding cups.
- ✓ Non-food alternatives could be pencils, pencil toppers, erasers, stickers, puzzle games, whistles, small toys, cards, yo-yos, marbles, bubbles, sidewalk chalk, jump ropes, or a small toy.
- ✓ Set limits to how much candy can be eaten each day or let children earn a piece of candy by doing a physical activity or a task around the house. Make a chart that identifies how many pieces of candy each task is worth. This will encourage physical activity.
- ✓ Make your holiday safe by having reflective tape or glow sticks for children to wear over their costumes. Glow in the dark shoelaces or shoes that light up when worn are another good choice as well as carrying a flashlight or headlamp for extra illumination.
- ✓ Limit your route to home close to where you live or to family and close friends and neighbors.
- ✓ Collect candy as a family and divide evenly when you return home. (Any uneven divisions can go to the adults in the family or the person that took children trick-or-treating.)
- ✓ Being physically active is part of a healthy lifestyle. Walk instead of driving. Physical activity such as walking will offset the intake of treats and burn some of the calories eaten.

Whatever your plans this Halloween and throughout the holidays, remember to take a moment to plan your choices, keep food and fitness in balance and enjoy your family time together.

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